

## CPM - Chronic Pain

### CPM-CM CASE MANAGEMENT

**OUTCOME:** The patient/family/caregiver will understand the importance of integrated case management in achieving optimal physical and behavioral health.

**STANDARDS:**

1. Discuss roles and responsibilities of each member of the care team including the patient, family/caregiver, and providers in the case management plan.
2. Explain the coordination and integration of resources and services in developing and implementing the case management plan.
3. Explain the need to obtain the appropriate releases of information necessary to support integrated case management and to maintain patient privacy and confidentiality. **Refer to AF-CON.**

### CPM-CUL CULTURAL/SPIRITUAL ASPECTS OF HEALTH

**OUTCOME:** The patient/family will understand the impact and influences cultural and spiritual traditions, practices, and beliefs have on health and wellness.

**STANDARDS:**

1. Explain that the outcome of disease processes may be influenced by choices related to health and lifestyles, e.g., diet, exercise, sleep, stress management, hygiene, full participation in the medical plan. (Stoic Fatalism)
2. Discuss the potential role of cultural/spiritual traditions, practices and beliefs in achieving and maintaining health and wellness.
3. Explain that traditional medicines/treatments should be reviewed with the healthcare provider to determine if there are interactions with prescribed treatment.
4. Explain that the medical treatment plan must be followed as prescribed to be effective and that some medications/treatments take time to demonstrate effectiveness.
5. Discuss that traditions, such as sweat lodges may affect some conditions in detrimental ways. Healing customs or using a traditional healer may have a positive effect on the patient's condition.
6. Refer to clergy services, traditional healers, or other culturally appropriate resources.

**CPM-DP      DISEASE PROCESS**

**OUTCOME:** The patient/family will understand the pathophysiology of the patient's specific condition.

**STANDARDS:**

1. Review the causative factors as appropriate to the patient. Assess the level of pain. Emphasize that the goal of treatment is to relieve pain.
2. Review lifestyle factors which may worsen or aggravate the condition.
3. Discuss the patient's specific condition, including anatomy and pathophysiology as appropriate.
4. Discuss that chronic pain is a multifaceted condition. Explain that control of contributing factors may help to control the pain, e.g., dysfunctional sleep patterns, depression or other psychological disorders, other disease states.

**CPM-EQ      EQUIPMENT**

**OUTCOME:** The patient/family will have an understanding and demonstrate (when appropriate) the proper use and care of equipment.

**STANDARDS:**

1. Discuss the indications for and benefits of the prescribed medical equipment.
2. Discuss types and features of the medical equipment as appropriate.
3. Discuss and/or demonstrate the proper use, care, and cleaning of medical equipment.
4. Participate in a return demonstration by the patient/family, as appropriate.
5. Discuss signs of equipment malfunction and proper action to take in case of malfunction.
6. Emphasize safe use of equipment.
7. Discuss proper disposal of associated medical supplies.

**CPM-EX      EXERCISE**

**OUTCOME:** The patient will understand the importance of exercise in enhancing physical and psychological well-being.

**STANDARDS:**

1. Review the different types of exercise including active and passive range of motion and strengthening.
2. Explain the hazards of immobility. Discuss how to prevent contractures, constipation, isolation and loss of self-esteem.

3. Emphasize that physical activity/therapy is an integral part of the patient's daily routine.
4. Emphasize that moderate exercise may increase energy, control weight, improve circulation, enhance sleep, and reduce stress and depression.

**CPM-FU FOLLOW-UP**

**OUTCOME:** The patient/family will understand the importance of follow-up and make a plan to make and keep the follow-up appointments.

**STANDARDS:**

1. Provide positive reinforcement for areas of achievement.
2. Emphasize the importance of follow-up care to prevent complications and adjustments of medication.
3. Encourage active participation in the treatment plan and acceptance of the diagnosis.
4. Explain the procedure for obtaining appointments.

**CPM-IR INFORMATION AND REFERRAL**

**OUTCOME:** The patient/family will receive information and referral for alternative or additional services as needed or desired.

**STANDARDS:**

1. Provide the patient/family with alternative or additional sources for care and services.
2. Provide the patient/family with assistance in securing alternative or additional resources as needed.

**CPM-L LITERATURE**

**OUTCOME:** The patient/family will receive literature about chronic pain.

**STANDARDS:**

1. Provide patient/family with literature on chronic pain.
2. Discuss the content of the literature.

**CPM-LA LIFESTYLE ADAPTATIONS**

**OUTCOME:** The patient/family will understand what lifestyle adaptations are necessary to cope with the patient's specific disorder.

**STANDARDS:**

1. Explain that the patient has a responsibility to make lifestyle adaptations to assist in controlling pain.
2. Assess the patient/family's level of acceptance of the disorder.
3. Emphasize the importance of rest and avoidance of fatigue.
4. Discuss the use of heat and cold as appropriate.
5. Refer to Social Services, Mental Health, Physical Therapy, Rehabilitative Services and/or community resources as appropriate.
6. Review the areas that may require adaptations: diet, physical activity, sexual activity, and bladder/bowel habits.

**CPM-M      MEDICATIONS**

**OUTCOME:** The patient will understand the goal of medication therapy and be able to demonstrate and explain use of the prescribed regimen.

**STANDARDS:**

1. Review the patient's medication. Reinforce the importance of knowing the medication, dose, and dosing interval of medications.
2. Review common side effects, signs of toxicity, and drug/drug or drug/food interactions of medications.
3. Discuss the importance of taking medications as prescribed.
4. Emphasize the importance of taking medications as prescribed. If more medication is needed consult with the medical provider prior to increasing the dose of medication.
5. Discuss non-pharmacologic pain control measures.

**CPM-MNT    MEDICAL NUTRITION THERAPY**

**OUTCOME:** The patient and family will have an understanding of the specific nutritional intervention(s) needed for treatment or management of this condition, illness, or injury.

**STANDARDS:**

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
  - a. Assessment of the nutrition related condition.
  - b. Identification of the patient's nutritional problem.
  - c. Identification of a specific nutrition intervention therapy plan.
  - d. Evaluation of the patient's nutritional care outcomes.

- e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.

**CPM-PSY PSYCHOTHERAPY**

**OUTCOME:** The patient will understand the goals and process of such therapy.

**STANDARDS:**

1. Emphasize that for the process of psychotherapy to be effective the patient must keep all appointments. Emphasize the importance of openness and honesty with the therapist.
2. Explain to the patient/family that the therapist and the patient will jointly establish goals, ground rules, and duration of therapy.

**CPM-S SAFETY**

**OUTCOME:** The patient will understand the importance of injury prevention and safety.

**STANDARDS:**

1. Explain to patient/family the importance of body mechanics to avoid injury.
2. Assist the family in identifying ways to adapt the home to prevent injuries or improve safety, e.g., remove throw rugs, install bars in the tub/shower.
3. Stress importance and proper use of mobility devices, e.g., cane, walker, wheel chair.

**CPM-SM STRESS MANAGEMENT**

**OUTCOME:** The patient will understand the role of stress management in chronic pain management.

**STANDARDS:**

1. Explain that uncontrolled stress may exacerbate the symptoms of chronic pain. This can set up a cycle of pain-stress which becomes self-sustaining and may escalate.
2. Explain that uncontrolled stress can interfere with the treatment of chronic pain.
3. Discuss that in chronic pain, uncontrolled stress may lead to depression or other mood disorders. **Refer to CPM-PSY.**
4. Explain that effective stress management may reduce the severity of symptoms the patient experiences, as well as help improve the health and well-being of the patient.

5. Discuss that stress may exacerbate adverse health behaviors such as increased tobacco, alcohol or other substance use as well as overeating, all which can increase the severity of pain.
6. Discuss various stress management strategies which may help maintain a healthy lifestyle. Examples may include:
  - a. Becoming aware of your own reactions to stress
  - b. Recognizing and accepting your limits
  - c. Talking with people you trust about your worries or problems
  - d. Setting realistic goals
  - e. Getting enough sleep
  - f. maintaining a reasonable diet
  - g. Exercising regularly
  - h. Taking vacations
  - i. Practicing meditation
  - j. Practicing self-hypnosis
  - k. Using positive imagery
  - l. Practicing physical relaxation methods such as deep breathing or progressive muscular relaxation
  - m. Participating in spiritual or cultural activities
7. Provide referrals as appropriate.

## **CPM-TE TESTS**

**OUTCOME:** The patient/family will understand the test(s) to be performed, including indications and impact on further care.

### **STANDARDS:**

1. Explain the test ordered.
2. Explain the necessity, benefits and risks of the test to be performed, as appropriate, including possible complications that may result from not having the test performed.
3. Explain how the test relates to the course of treatment.
4. Explain any necessary preparation for the test, including appropriate collection.
5. Explain the meaning of the test results, as appropriate.

**CPM-TX      TREATMENT**

**OUTCOME:** The patient/family will understand the possible treatments that may be available based on the specific disease process, test results, and individual preferences.

**STANDARDS:**

1. Discuss with the patient/family the possible appropriate nonpharmacologic pain relief measures, e.g., TENS units, heat, cold, massage, meditation, imagery, acupuncture, healing touch, traditional healer, hypnosis.
2. Discuss with the patient/family the possible appropriate pharmacologic pain relief measures. **Refer to CPM-M.**
3. Discuss with the patient/family the possible appropriate procedural or operative pain management techniques, e.g., nerve block, intrathecal narcotics, local anesthesia.
4. Emphasize the importance of the patient/family's full participation in the development of a treatment plan.
5. As appropriate, discuss the implications of patient-provider contracts for pain medications.